

For Spouses/Partners

Listen

Listen to her without judgment or advice. Don't try to "fix" her cancer

Write love notes

Help out

Help out with household chores or hire a professional

Take her out

Take her out on "dates"

Help her heal

Keep in mind that treatment can compromise her immune system and drain her energy - let her rest

Bring her flowers

Engage friends & family.

Encourage friends and family to stop by or help with baby-sitting

*Connect
with us!*

www.breastfriends.org



Breast Friends of Oregon



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Breast Friends of Oregon



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Breast Friends

Education • Community • Support



**Ideas to support
someone going
through breast
cancer**

Ask for her "To Do" List

Complete her chores or errands

Child Care

Arrange for a babysitter, or bring her children to your home for the day

Be a companion

Accompany her to her doctor's appointment or chemo to serve as a second set of eyes and ears

Be proactive

Don't wait for her to ask for help

Girl time

Offer to stop by for girl time or a movie night

Drop off a surprise

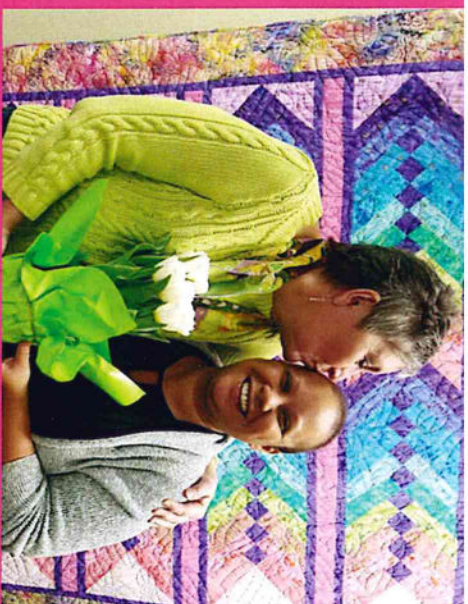
Leave a surprise at her door

Double a recipe

Drop by with a meal for the family

Share a hobby.

Knit together, or create a joint craft project



Not everyone wants or needs help, but it's good to know you are there if needed.



Plan short outings

Offer to take her out to do something fun!

Check-In

Send a quick text or call just to chat.

Get the word out

Offer to set up and manage a caring bridge and meal train

Help with thank yous

Offer to help write thank you notes or return dishes

Keep trying

If she declines help try again another day

Grocery Run

Call/text to see if she needs anything

Send her a gift card

Take up a collection to purchase housecleaning, window washing, or yard work